

It's Acid-Stomach That Makes Millions Sick and Suffer

Life is dark—not worth much to the man or woman with an acid-stomach. Acid-stomach kills Hope, Ambition, Energy, Courage. It saps the strength of the strongest body—impoverishes the blood—causes untold suffering—makes millions weak, unfit and brings on premature old age.

You know what acid-stomach does to teeth and gums—how the acid literally eats through the hard enamel, causing the teeth to decay. Just imagine, then, what have an acid stomach must do to the delicate organization of the stomach. Millions of people are weak and unfit, suffering all the time, in one way or another, from superacidity or acid-stomach. They don't seem dangerously sick. Just ailing. Going through life weak, listless, dragging one foot after another. They're nervous and irritable; lack power and punch, frequently have severe attacks of biliousness, splitting headaches, subject to fits of melancholia and mental depression. And nearly always their stomachs are out of order, even though digestion poor—never getting anywhere near the full strength from their food.

So, you see, it's just this—acid-stomach—that is holding so many people back—sapping up the strength they should get from their food—taking away their vigor and vitality—leaving them weak and inefficient.

Get rid of the excess acid. That's the secret of good health and is the only way to obtain good digestion and assimilation. It is the right way to be well and keep strong. Ordinary tonics won't do any lasting good. The best they can do is to spur up your appetite. When the stimulating effects wear off, you are worse off than ever.

A modern remedy makes it possible to remove excess acid without the slightest discomfort. It is called EATONIC, in the form of pleasant tasting tablets. Their action in the stomach is a good deal like a piece of blotting paper taking up a drop of ink—they literally absorb the injurious excess acid and carry it away through the intestines.

Begin using EATONIC right now—today—and get on the road to bounding, vigorous, vibrant health. Thousands upon thousands of people who have used EATONIC are enthusiastic in its praise. They say they never dreamed that anything could bring them such quick relief.

EATONIC is absolutely guaranteed so get a big box from your druggist. If it does not help you your money will be refunded. If your druggist does not keep EATONIC, send your name and address to The Eaton Remedy Company, 1018 S. Wabash Ave., Chicago, Ill., and they will send them the money for it after you receive it.

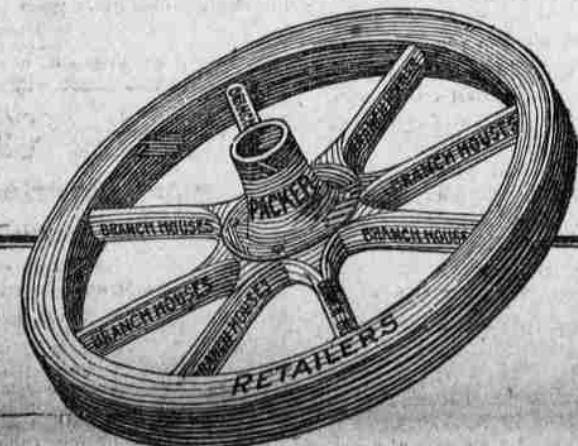
London's Wires.

London's telephone and telegraph wires extend to 73,500 miles overhead and 921,000 miles underground.

Keep clean inside as well as outside by taking a gentle laxative at least once a week, such as Doctor Pierce's Pleasant Pellets, Adv.

The Japanese language is now included in the course of study in the high schools of Australia.

ASTHMADOR
GUARANTEED
TO INSTANTLY RELIEVE
ASTHMA
OR MONEY REFUNDED—ASK ANY DRUGGIST



"Spokes"—and the Swift "Wheel"

What would you consumers think of a wheel without spokes?

What would you think of a man who would take any or all of the spokes out of a wheel to make it run better?

Swift & Company's business of getting fresh meat to you is a wheel, of which the packing plant is only the hub. Retail dealers are the rim—and Swift & Company Branch Houses are the spokes.

The hub wouldn't do the wheel much good and you wouldn't have much use for hub or rim if it weren't for the spokes that fit them all together to make a wheel of it.

Swift & Company Branch Houses are placed, after thorough investigation, in centers where they can be successfully operated and do the most good for the most people at the least possible cost.

Each "spoke" is in charge of a man who knows that he is there to keep you supplied at all times with meat, sweet and fresh; and who knows that if he doesn't do it, his competitor will.

How much good would the hub and the rim of the Swift "wheel" do you if the spokes were done away with?



Keep Your Pledge
Make Good for Our
Fighting Men
BUY WAR-SAVINGS
STAMPS

Swift & Company, U. S. A.

Temperance Notes

(Conducted by the National Woman's Christian Temperance Union.)

SUBSTITUTE MILK FOR BOOZE

Milk contains all the elements needed to build up and sustain the body. That is why workers feel satisfied after drinking it. The shipbuilders of Seattle are using 10,000 pint bottles of milk every lunch hour, and the only reason they do not use 20,000 is that there is a limit to the supply. And as for ice cream cones, great piles of them go like hot cakes every noon.

The heaviest consumers of milk and ice cream in Seattle shipyards are said to be the steel construction men—riveters, plate hangers and the forgers. This work exacts a heavy toll on physical strength and these workers find milk an element that puts "pep" and vigor into them.

"The change from beer to milk has been a mighty good thing for everybody concerned," said W. R. Bailey, who has worked in the shipyard pattern shops off and on nearly thirty years. "In the old days a foreman could never tell how many men he would have on the job the next day after pay day. It was the rule for the men to break for the nearest saloon as soon as they received their checks and most of them anchored there until they were turned out—broke. I've known fellows in those days that couldn't buy a pair of socks because they never had anything left after the first visit to the saloon. When some of the men did come back to work they were sodden and dull and incapable of doing a good day's work."

"Things are different now. These men who are drinking milk instead of beer have clear skins, clear vision and clear minds. They are able to do a fair day's work every day and can make extra effort when it's necessary."

SAVING MAN POWER.

New Hampshire, like other commonwealths made dry by state enactment, has proved that prohibition results in marked conservation of man power and money power. Here is the record of "drunks" of eight cities for the first month after the law went into effect contrasted with the corresponding month under license:

	1918.	1917.
Berlin	3	79
Concord	6	54
Dover	6	37
Franklin	2	39
Manchester	48	345
Nashua	24	81
Portsmouth	11	95
Somersworth	3	22

Totals

This represents 649 "drunks" saved in one month in these eight cities. It is safe to assume that an equal number of real "drunks," not arrested, were unable to work after pay day and out of a job because drunk. Allowing a conservative estimate of only five days' loss of time for each drunk (many were 30 days) we have 6,490 days' work saved to New Hampshire by eight cities alone in one month of prohibition. At \$3 a day this is nearly \$20,000 in money.

BIBLE CLASS DISCONTINUED BECAUSE OF PROHIBITION.

In a four-mile trip through the South and the far West, Miss Anna A. Gordon, president of the National W. C. T. U., found the people in dry territory well satisfied with prohibition, and in the large cities like Portland, Ore., and Seattle, Wash., no industrial disturbance had followed its adoption.

"The only criticism, I heard," she said, "was in Portland, where they said it had put out of business the largest Bible class in the country. Of course I was shocked to hear that, but when the president of the local Woman's Christian Temperance union told me that she had been for a number of years teaching that Bible class every Sunday morning in the county jail, and that prohibition had taken her class away from her, I went on my way rejoicing."

ABSTINENCE AND EFFICIENCY.

As regards straight shooting it is everyone's experience that abstinence is necessary for efficiency. By careful and prolonged tests, the shooting efficiency of the men was proved to be 30 per cent worse after the rum ration than before. What is true of the soldier is true of the man who makes the supplies for the soldiers and sailors. Neither civilian nor soldier can be at his best for work in the trenches or in the factory when he uses intoxicating liquor. It takes three or four men at home to support one soldier in the trenches. If the civilians at home destroy their efficiency through drink they destroy the support of the army just as effectively as if the evil result came in direct contact with the army itself—Admiral Jellicoe.

A SOLDIER'S PLEA

In the department, "Letters from the People," of the Chicago Herald and Examiner we find this:

Sir—As the son of a father brutalized through drink, I urge you to do everything in your power to help the prohibition measure. I am leaving for camp realizing the agonies that my mother is suffering without the aid of her three boys, all of whom have gone to the front.

THE VICTIM OF A DRUNKEN FATHER.
(Name withheld)

LOOK AT CHILD'S TONGUE IF SICK, CROSS, FEVERISH

HURRY, MOTHER! REMOVE POISSONS FROM LITTLE STOMACH, LIVER, BOWELS.

GIVE CALIFORNIA SYRUP OF FIGS AT ONCE IF BILIOUS OR CONSTIPATED.



Look at the tongue, mother! If coated, it is a sure sign that your little one's stomach, liver and bowels need a gentle, thorough cleansing at once.

When peevish, cross, listless, pale, doesn't sleep, doesn't eat or act naturally, or is feverish, stomach sour, breath bad; has stomach-ache, sore throat, diarrhoea, full of cold, give a teaspoonful of "California Syrup of Figs," and in a few hours all the foul, constipated waste, undigested food and sour bile gently moves out of the little bowels without griping, and you have a well, playful child again.

You needn't coax sick children to take this harmless "fruit laxative"; they love its delicious taste, and it always makes them feel splendid.

Ask your druggist for a bottle of "California Syrup of Figs," which has directions for babies, children of all ages and for grown-ups plainly on the bottle. Beware of counterfeits sold here. To be sure you get the genuine, ask to see that it is made by the "California Fig Syrup Company." Refuse any other kind with contempt.—Adv.

Blind People in England.

There are estimated to be in Great Britain 16,850 blind males and 16,650 blind females.

"Cold in the Head"

Is an acute attack of Nasal Catarrh. Persons who are subject to frequent "colds in the head" will find that the use of HALL'S CATARRH MEDICINE will build up the System, cleanse the Blood and render them less liable to colds. Repeated attacks of Acute Catarrh may lead to Chronic Catarrh. HALL'S CATARRH MEDICINE is taken internally and acts through the Blood on the Mucous Surfaces of the System. All Druggists sell. Testimonials free. \$10.00 for any case of catarrh that HALL'S CATARRH MEDICINE will not cure.

E. J. Cheney & Co., Toledo, Ohio.

Cable Messages.

About 30,000,000 words a year pass over cables linking British and North American ports.

Soothe Baby Rashes

That itchy and burn with hot baths of Cuticura Soap followed by gentle anointings of Cuticura Ointment. Nothing better. For free samples address, "Cuticura, Dept. X, Boston." Sold by druggists and by mail. Soap 25, Ointment 25 and 50.—Adv.

Do Him Justice.

Nero wasn't much of an example of domesticity, but he kept the Rome fires burning.

Constipation generally indicates disordered stomach, liver and bowels. Wright's Indian Vegetable Pills restores regularity without griping. Adv.

Glorious Tips.

Singer—The hills are tipped with gold.
Weary Walter—I wish I was a blooming hill.

SPANISH INFLUENZA—WHAT IT IS AND HOW IT SHOULD BE TREATED

Nothing New—Simply the Old Grip or La Grippe That Was Epidemic in 1889-90, Only Then It Came From Russia by Way of France and This Time by Way of Spain

Go to Bed and Stay Quiet—Take a Laxative—Eat Plenty of Nourishing Food—Keep Up your Strength—Nature Is the Only "Cure"

ALWAYS CALL A DOCTOR

NO OCCASION FOR PANIC
Spanish influenza, which appeared in Spain in May, has all the appearances of grip, or la grippe, which has swept over the world in numerous epidemics as far back as history runs. Hippocrates refers to an epidemic in 412 B. C., which is regarded by many to have been influenza. Every century has had its attacks. Beginning with 1831 this country has had five epidemics, the last in 1889-90.

There is no occasion for panic—Influenza itself has a very low percentage of fatalities—not over one death out of every 400 cases, according to the N. C. board of health. The chief danger lies in complications arising, attacking principally patients in a run-down condition—those who don't go to bed soon enough or those who get up too early.

THE SYMPTOMS
Grip, or influenza, as it is now called, usually begins with a chill, followed by aching, feverishness, and sometimes nausea and dizziness, and a general feeling of weakness and depression. The temperature is from 100 to 104, and the fever usually lasts from three to five days. The germs attack the mucous membrane or lining of the air passages, nose, throat and bronchial tubes; there is usually a hard cough, especially bad at night; oftentimes a sore throat or tonsillitis, and frequently all the appearances of a severe head cold.

THE TREATMENT
Go to bed at the first symptoms, not only for your own sake, but to avoid spreading the disease to others—take a purgative, eat plenty of nourishing food, remain perfectly quiet and don't worry. Quinine, aspirin or Dover's Powder, etc., may be administered by the physician's directions to relieve the aching. But there is no cure or specific for influenza—the disease must run its course. Nature herself will throw off the attack if only you keep up your strength. The chief danger lies in the complications which may arise. Influenza weakens the bodily resistance that there is danger of pneumonia or bronchitis developing, and sometimes inflammation of the middle ear, or heart affections. For these reasons it is very important that the patient remain in bed until his strength returns—stay in bed at least two days or more after the fever has left you, or if you are over 50 or not strong stay in bed four days or more, according to the severity of the attack.

EXTERNAL APPLICATIONS
In order to stimulate the lining of the air passages to throw off the grippe germs, to aid in loosening the phlegm and keeping the air passages open, thus making the breathing easier, Vick's VapoRub will be found effective. Hot, wet towels should be applied over the throat, chest and back between the shoulder blades to open the pores. Then VapoRub should be rubbed in over the parts until the skin is red, spread on thickly and cover with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, as the heat of the body liberates the ingredients in the form of vapors. These vapors, inhaled with each breath, carry the medication directly to the parts affected. At the same time VapoRub is absorbed through and stimulates the skin, attracting the blood to the surface, and thus aids in relieving the congestion within.

HOW TO AVOID THE DISEASE
Evidence seems to prove that this is a germ disease, spread principally by human contact, chiefly through coughing, sneezing or spitting. So avoid persons having colds—which means avoiding crowds—common drinking cups, roller towels, etc. Keep up your bodily strength by plenty of exercise in the open air, and good food. Above all, avoid colds, as colds irritate the lining of the air passages and render them much better breeding places for the germs.

KEEP FREE FROM COLDS
Use Vick's VapoRub at the very first sign of a cold. For a head cold, melt a little VapoRub in a spoon and inhale the vapors, or better still, use VapoRub in a benzoin steam kettle. If this is not available, use an ordinary tea-kettle. Fill half-full of boiling water, put in half a teaspoon of VapoRub from time to time—keep the kettle just slowly boiling and inhale the steam arising.

Note—Vick's VapoRub is the discovery of a North Carolina druggist, who found how to combine, in salve form, Menthol and Camphor with such volatile oils as Eucalyptus, Thyme, Cubeb, etc., so that when the salve is applied to the body heat, these ingredients are liberated in the form of vapors.

VapoRub is comparatively new in New York State and New England and a few Western states where it is just now being introduced, but in other sections of the country it is the standard home remedy in more than a million homes for all forms of cold troubles. Over six million jars were sold last year. VapoRub can be had in three sizes at all druggists. It is particularly recommended for children's croup and colds, since it is externally applied and therefore can be used as freely as desired without the slightest harmful effects.

WORMS

"Wormy" that's what the matter of 'em. Stomach and intestinal worms. Nearly as bad as diphtheria. Cost you too much to feed 'em. Look bad—aren't bad. Don't give 'em to death. Spohn's Compound will remove the worms, improve the appetite, and tone 'em up all round and don't 'physic' 'em. Acts on glands and blood. Full directions with each bottle, and sold by all druggists.

SPOHN MEDICAL CO., Goshen, Ind., U. S. A.

CONSTIPATION

IS HUMANITY'S GREATEST FOE
It is always a terror to old people and a menace at some time or another to every human being, young or old. It is the forerunner of more ill and suffering than almost any of NATURE'S DANGER SIGNALS and should never be allowed to go unheeded. At the very first indication of constipation get DR. TUTT'S LIVER PILLS which for 72 years has been successfully used for this most prevalent of all disorders. For sale by druggists and dealers everywhere.

Dr. Tutt's Liver Pills

Reindeer a Good Puller.
The reindeer has been known to pull 200 pounds at ten miles an hour for 12 hours.

The white poplar has been used as a natural lightning rod.

W. N. U., CINCINNATI, NO. 44-1918.

Middle Aged Women

Are Here Told the Best Remedy for Their Troubles.

Freemont, O.—"I was passing through the critical period of life, being forty-six years of age and had all the symptoms incident to that change—heat flashes, nervousness, and was in a general run down condition, so it was hard for me to do my work. Lydia E. Pinkham's Vegetable Compound was recommended to me as the best remedy for my troubles, which it surely proved to be. I feel better and stronger in every way since taking it, and the annoying symptoms have disappeared."—Mrs. M. GORDEN, 925 Napoleon St., Fremont, Ohio.

North Haven, Conn.—"Lydia E. Pinkham's Vegetable Compound restored my health after everything else had failed when passing through change of life. There is nothing like it to overcome the trying symptoms."—Mrs. FLORENCE ISABELLA, Box 197, North Haven, Conn.

In Such Cases

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

has the greatest record for the greatest good

LYDIA E. PINKHAM MEDICINE CO. LYNN, MASS.

